

ABSTRACT OF THE DISCLOSURE

An antifatigue composition for reducing muscular fatigue or the like during or after exercise, which includes an imidazole compound obtained from extracts of fishes, shellfishes, fowl, flesh or the like, as an active ingredient. The imidazole compound in the antifatigue composition is preferably at least one compound selected from the group consisting of histidine, anserine, carnosine, valenine and salts thereof. The antifatigue composition preferably further contains D-ribose as an active ingredient. By orally ingesting the antifatigue composition, the amount of lactic acid in plasma during or after exercise can be kept low, and therefore muscle fatigue caused by exercise can be controlled, and as a result, the ability to exercise can be improved.